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Housekeepers' Chat

Monday, February 10, 1930

NOT FOR PUBLICATION

Subject: "In Honor of St. Valentine." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Leaflet available: "Suits for the Small Boy."

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As I went tripping down the street, bent on Errands of Great Importance, what should I see but a bouquet of the most beautiful roses imaginable. Right there in the florist's window--roses in the loveliest of colors--deep pink, and cloth of gold.

"Just the thing," I thought, "for Betty Lou's Valentine party."

I went in to the florist's shop, and asked the name of the new rose. "It is the Talisman rose," said the salesman. "A new rose, developed in 1928. You want it for a Valentine party? It would be beautiful. Or how would you like these opalescent freezias, or a combination of spring flowers?"

We talked it over, and I decided to let Betty Lou choose her own flowers. After all, it is her Valentine luncheon--my part in it is only to help with the menu. You see, Betty Lou decided she wanted to give a luncheon, on Valentine's day, for three of her best girl friends, and her mother.

"Can't you suggest something," said Betty Lou, "that I can prepare all by myself? It won't be any fun for mother, if she has to do all the work. I want this to be my luncheon."

We thought and we thought. We consulted the Menu Specialist. We looked over our recipe files. And finally we had a menu--one which Betty Lou could prepare with practically no help at all. I may run over at the last minute, if I'm not too busy, to see that everything's all right.

This is Betty Lou's Valentine luncheon menu: Valentine Chicken Shortcake; Buttered Peas and Carrots; Celery; Cranberry Sauce; Heart-Shaped Biscuits; Cupid's Dart Salad; Orange Bavarian Cream, with Heart-Shaped Cookies.

Now let me see--how are we going to prepare the Valentine Chicken Shortcake, for this party luncheon? The Menu Specialist suggested this dish. All that is needed is good creamed or stewed chicken, minus the bones, of course, and large heart-shaped biscuits. The biscuits are to be split, in the usual way, and the crusty brown heart-shaped top dropped on lightly, after the chicken is spread on the lower half of the biscuit. So much for the chicken shortcake.

Next on our menu we have Buttered Peas and Carrots, (that's easily prepared),

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Celery, and Cranberry Sauce. And heart-shaped biscuits. Betty Lou can make the lightest biscuits--nice little dainty ones--the kind that ladies prefer, at Valentine luncheon parties.

The Cupid's Dart Salad is something a little different--a special salad for a special occasion, a very romantic salad, I might say, made with canned pineapple. With a sharp cooky-cutter, cut each slice of pineapple into the shape of a heart. Place your cutter so that the hole in the pineapple comes in the center of the heart. Then make little balls of cream cheese, mixed with canned pimento, to give a touch of red, and place a cheese ball in the hole in each pineapple heart. Then, and this is the romantic part, use slender, tender pieces of celery, with leafy tufts at the end, for arrows. Thrust a celery arrow into the cheese center of the pineapple heart, at about a 45 degree angle, and there's your salad--a pineapple heart, pierced with a celery arrow.

The dessert is especially delicious. If you do not have a recipe for Orange Bavarian Cream, I think you'll like this one, from the Bureau of Home Economics. Ten ingredients, and you'll save time by abbreviating such long words as tablespoon, and teaspoon. Use a big T for tablespoon, small t for teaspoon, and c for cup. Ten ingredients, for Orange Bavarian Cream:

1-1/2 tablespoons gelatin	3/4 cup orange juice and pulp
1/4 cup cold water	3 egg whites
1/2 cup boiling water	1 pint cream, whipped
1 cup sugar	1/4 teaspoon salt, and
5 tablespoons lemon juice	1/4 teaspoon vanilla

Ten ingredients: (Repeat)

Soak the gelatin in the cold water. Then add the boiling water. Stir until the gelatin has dissolved. Add the Sugar, the lemon juice, and the orange juice. Chill this mixture until it is set. Then beat until foamy. Beat the whites of the eggs with the salt until stiff. Fold into the gelatin mixture. Then fold in the whipped cream and the vanilla. Pour into a mold, and put in a cold place until set. When ready to serve, turn out onto a platter and garnish with orange sections.

With the Orange Bavarian Cream, Betty Lou will serve heart-shaped cookies, some iced with yellow, some with pink, and some with pale green.

The menu, complete, includes Valentine Chicken Shortcake; Buttered Peas and Carrots; Celery; Cranberry Sauce; Heart-Shaped Biscuits; Cupid's Dart Salad; Orange Bavarian Cream; and Heart-Shaped Cookies.

As I told you before, when I started down town the other day, and saw the beautiful roses, I was bent on Errands of Great Importance. Betty Lou had asked me to find her some Valentine candies, to place in the dainty little cups she is making. Remember those hard-as-rock little heart-shaped candies, which you used to carry around in your arron pocket? Oh, they weren't a bit good to eat--treasured only for their sentimental value. Betty Lou wanted a few of these old-fashioned candy hearts for her party. I bought a sack of those, and also some red and white sugary mints, which are really good to eat.

I was to find something else for Betty Lou's party -- a consolation prize, incase her guests wanted to play the old-fashioned game of hearts, after the luncheon. Did you have a set of heart-shaped cookie cutters in your family, when you were a youngster? A big set, perhaps 10 in all, ranging from tiny ones up to

(over)



one 4 or 5 inches in diameter. Aunt Lucretia used to make sets of cookies in these sizes, and give them as valentines. I haven't found the set I want, yet, but I hope to find them before Friday.

One question today: "Do you have any suggestions about dressing a five-year-old boy?"

Yes, send for the leaflet: "Suits for the Small Boy."

Tuesday: "How To Care for Shoes."

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